

SUTURE

"Binding Surgeons Together"



THE COLLEGE OF SURGEONS OF SRI LANKA

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Tel : 011 2682290/ Email: collsurg@gmail.com / Website : www.lankasurgeons.org SUTURE Editors : Dulantha De Silva, Mohan Dias, Asela Senanayake & Gayan Ekanayake

From the Editors Desk

Once again a new era has dawned for the College of Surgeons with Professor M.D. Lamawansa taking over the helm of the College. Under the theme 'Optime Maxime' (The best for the most) the new President and his team has already got down to work to make this vision a reality.

The focus this year has been to extend the academic activities of the college to all our members especially those working out in the peripheries. The 'Suture' reports on three workshops held as a part of this venture in Wathupitiwala, Kurunegala and Peradeniya. We also introduce the first in special series of articles by senior surgeon Dr PhilipVeerasingham tracing the surgical heritage of Sri Lanka.

The main event of the College will of course be the Annual Academic Sessions which will be held between 16th and 20th August in the picturesque city of Kandy. As usual we will be joined by our friends from Edinburgh and the SAARC Surgical Care Society. We invite all of our members to join in making this event a success.

Dulantha de Silva, Mohan Dias, Asela Senanayake & Gayan Ekanayake

Professionalism and Ethics

The Council of the CSSL has formed a subcommittee on Professionalism, with the aim of creating awareness and discussion within the surgical community about the very important non-technical aspects and skills.

Medical ethics is one such important area that needs addressing in the surgical sphere. Lack of understanding of ethical concepts can lead to patient dissatisfaction and adverse outcomes even in the best of circumstances, and more so when something goes wrong.

Dr. Rohan Sirisena, Consultant General Surgeon at DGH Nawalapitiya and the sitting Secretary of the Association of Surgeons of Sri Lanka, has looked into ways of improving awareness on medical ethics among the surgeons, trainees and medical staff working in surgical specialties, under the auspices of the President of the CSSL and the Professionalism subcommittee.

The following article illustrates the early emergence of concepts of ethics, and shows how important they are in ensuring patient safety in the hands of surgeons.

http://www.princeton.edu/~paw/archive_new/PAW04-05/14-0511/features1.html

The full text of the article is expected to be published with the permission of the author in subsequent issues of SUTURE.

President's Message



Dear Colleagues,

It is a privilege and an honour that has been accorded to me to be selected as the 35th President of the College of Surgeons of Sri Lanka. I applaud the outgoing President and the council for what they have achieved during the past year.

The College has long strived to maintain "excellence in surgical care". This would facilitate the needs and expectations of our clientele - the patients - ensuring professional competence, accessibility, kindness and benevolent understanding from the surgical community. In reiterating our commitment to these basic ideals, the chosen theme of the year is "Surgical Care: Optime Maxime" (best for the most).

To meet the above ideals, the council has recognized the need to engage on several fronts, which include, ensuring continuity projects our programs, strengthening and formalising existing mechanisms college of activities, perspective planning, wider participation of membership, reaching the periphery, revising and developing clinical guidelines. preparing authentic patient information material, inculcating professionalism and adherence to ethical principles, supporting the development of specialised surgical service programs, contributing to improvement of surgical competence and ensuring all-island availability of facilities for surgery.

To achieve these goals, it is essential that the membership work as a group and relentlessly over several years, working closely with the Ministry of Health and other stake holders.

During the year an array of programs will take place in all nine provinces of the



country, supported by the regional chapters. Enthusiasm shown by the members across the country is most encouraging. These activities will be continually uploaded to the college website. The annual conference of the college will be held this year, as an International Conference. jointly organized with the Royal College of Surgeons of Edinburgh and the SAARC Surgical Care Society, from 16th to 20th August, in the beautiful and historic city of Kandy.

I invite all the fellows and members, both from home and overseas to contribute to the activities undertaken by your college, for you, trainees and general public of our country.

With warmest regards,

Prof MD Lamawansa President of the College of Surgeons 2017



Council of the College of Surgeons of Sri Lanka 2017



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Director Skills Development Centre

Presidential Induction 2017

Prof. MD Lamawansa *MBBS* (*Ruhuna*), *MS* (*Col*), *FRCS* (*Edin*), *PhD* (*University of Western Australia*) *FCSSL* (*Sri Lanka*), *FCPS* (*Pakistan*) was ceremoniously inducted as the 35th President of the College of Surgeons of Sri Lanka on 21 January 2017 at the CSSL Auditorium.

He serves as Professor of Surgery & Consultant Surgeon, University of Peradeniya & Teaching Hospital Peradeniya, Kandy. He also holds the position of Secretary General of the SAARC Surgical care society.

The occasion was graced by the Council and members of the College, Prof. Lamawansa's teachers, colleagues and relations.

The theme for the year 2017 "Surgical care: Optime maxime"-the best for most-was elaborated in the Presidential address by Prof. Lamawansa.

Dr. Ranjan Dias, the outgoing President, Prof. Arjuna Aluvihare, Prof. Channa Ratnatunga and Prof. AK House spoke at the ceremony. The vote of thanks was delivered by Dr. Rasika Kotakadeniya, Secretary of the CSSL.



Chief Guest Prof A.K. House pictured with College President Prof. M.D. Lamawansa, Guest of Honour Prof Arjuna Aluwihare and Dr Ranjan Dias



Chief Guest Prof A.K. House being introduced to the members of the Council of the College of Surgeons of Sri Lanka



Chief Guest Prof A.K. House delivering his address at the induction ceremony of the 35th President of the College of Surgeons of Sri Lanka



Prof A.K House being congratulated by Prof Mohan deSilva following the conclusion of the 2017 Presidential induction

A look back at the year gone by....

Outgoing President Dr Ranjan Dias reflects on the activities of 2016



Dear Colleagues,

I am indeed happy and proud to send this massage as the outgoing 34th President to the 'SUTURE', which is meant to "Bind Surgeons Together"

The theme of the year 2016 -'Accountable Surgical Care' was selected with the intention of focusing the attention towards the main objectives of the College of Surgeons of Sri Lanka (CSSL)

I am happy to state that we conducted several activities during the year 2016 keeping with our theme.

The regular academic activities throughout the year, the peri-congress workshops and the Annual Academic Sessions provided opportunities to the members to update their knowledge and skills, which is an essential prerequisite

to be accountable as a professional.

The meetings with the Director General of Health Service were held at regular basis once in every 2 months. I am grateful to the DGHS Dr Palitha Mahipala for accommodating College delegation and devoting 2-3 hours of his valuable time at each meeting.

The CSSL conducted a joint academic session with the College of Medical Administrators for the first time and decided to have a joint committee to plan a way forward for the two Colleges to work together.

The memorandum of understanding we had with the Royal College of Surgeons of Edinburgh was renewed for another 5 years with the participation of the President of RCS Edinburgh Mr. Michael Lavelle Jones in August 2016.

The College's role of advocacy in matters related to surgical services of the country was given high priority and I am happy to note that the CSSL actively participated and contributed to the following activities carried out by the Ministry of Health mainly aiming at

improving the quality of care which go hand in hand with accountability.

- Introduction of an adverse event reporting system to the National Health Service
- Identification of 5 clinical quality indicators in Surgery
- Introduction of 'Injury Death Review'
- Formulation of antimicrobial drug policy
- Specialist cadre projection for 2025
- Defining minimum basic requirements for a 'surgical unit'

We were able to get the approval of the American College of Surgeons to conduct the Advanced Trauma Life Support (ATLS) course in Sri Lanka and the preliminary work is progressing satisfactorily aiming at conducting the first course in June 2017.

I am happy to note the increasing enthusiasm shown by the members towards College activities reflected in having manuscripts for the 3 and over 180 orations submissions for the oral and poster presentations at the Academic Sessions. There were 36 members obtaining the Fellowship in 2016.

The CSSL is a professional body representing a diverse group of surgeons in the country coming together as one team placing national interests and the interests of the surgical profession above the interests of the individuals. This makes our role different from that of a trade union.

I think that the increasing number of subspecialties developing parallel compels the CSSL to redefine its role the 'umbrella as organization' of all the surgeons of the country. We should explore possibility of having joint academic sessions and perhaps a common surgical journal while encouraging the parallel development of subspecialties. We may have to change the composition of the council to ensure that least the main subspecialties share responsibilities of the CSSL.

I wish to thank the Past Presidents and their council for the momentum gathered over the years with their vision and handwork and the 2016 council for helping me to sustain that momentum enabling me to hand over the reins of the College to the incoming President, as a

happy contended person with accomplishment.

I thank all the members for giving me the opportunity to be the 34th President of our College.

wish the incoming President Professor M D Lamawansa and his Council every success in the year 2017.

Dr Ranjan Dias President, College of Surgeons of Sri Lanka 2016

Surgical Skills for Medical Officers

College of surgeons of Sri Lanka and the Kurunegala chapter held a workshop intended to improve the surgical skills of medical officers in collaboration with Kurunegala clinical society. This is one of the first of its kind this year. Our aim was to provide a good understanding of bowel anastomosis, tendon repair, fracture fixation, skin suturing and eye lid suturing. The participants were given more than one hour to practice on models, porcine skin, tendons and bowel. We are thankful to the external resource personal namely, Dr Thushan Beneragama and Dr Rasika Kotakadeniya. All the others were consultants from teaching hospital Kurunegala. The participants were very satisfied with the level of skills development they obtained during the workshop.

Dr Gavan Ekanavake On behalf of the organizing committee





Evolution of Surgery in Western Medicine and its impact on Surgery in Sri Lanka

In the first part of a new series on the Surgical History of Sri Lanka, senior surgeon Dr Philip Veerasingam, explores the impact of western medicine on Sri Lanka

I was requested by the Editor of the 'Suture', to contribute a series of articles on the Surgical History of Sri Lanka. This is the first article in the series.

Western medicine medicine of the Orient, were guided by the theory of humours namely blood, bile and phlegm and its equivalent in the Indian subcontinent vaatha, piththa and sema. Western medicine was the first to get out of this humouric theory of diseases by the study of anatomy, physiology and allied fields. Some of the major landmarks in western medicine which led to the present status of Surgery in Sri Lanka have to be recalled. The following are some of the noteworthy landmarks, in the development of surgery in the western concept.



William Harvey (1 April 1578 – 3 June 1657) was an English physician who made seminal contributions in anatomy and physiology. He was the first known to describe completely and in

detail the systemic circulation and properties of blood being pumped to the brain and body by the heart.

(https://en.wikipedia.org/wiki
/William_Harvey)



Ignaz Philipp Semmelweis

(born Semmelweis Ignác Fülöp; 1 July 1818 – 13 August 1865) was a Hungarian physician German of extraction now known as an early pioneer of antiseptic procedures. Described as the "saviour of mothers". Semmelweis discovered that the incidence of puerperal fever (also known as "childbed fever") could be drastically cut by the use of hand disinfection in obstetrical clinics. (https://en.wikipedia.org/wiki /Ignaz Semmelweis).

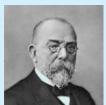
The pioneering work Semmelweiss, was the concept of 'clean hands' for a doctor. During his days in Vienna in 1847 it was the practice for doctors to go from dissecting a cadaver in the mortuary, the maternity ward with unwashed hands to examine pregnant patients. There was a high maternal mortality in these hospitals and it is claimed that mothers preferred home deliveries at that time. It was Semmelweiss who introduced the concept of washing of doctors hands, with а solution hypochlorite of lime, on entering the wards, resulting in lowering the maternal deaths.

(Observation by Dr.Attygalle the Provincial Surgeon, who wrote a book titled 'A Sinhalese Materia Medica'. He claimed that maternal mortality among the villagers of Sri Lanka was lower than in the Hospitals. He attributed it to the copious use of Margosa and its oil post-partum in the villages.)



Louis Pasteur; December 27, 1822 – September 28, 1895) was a French chemist and microbiologist renowned for his discoveries of the principles of vaccination, microbial fermentation and pasteurization. He reduced mortality from puerperal fever, and created the first vaccines for rabies and anthrax. medical discoveries provided direct support for the germ theory of disease and its application in clinical medicine.

(https://en.wikipedia.org/wiki /Louis Pasteur)



Robert Heinrich Herman Koch; 11 December 1843 – 27 May 1910) was a celebrated German physician and pioneering microbiologist. As founder the modern bacteriology, he is known for his role in identifying the specific causative aaents of tuberculosis, cholera, and anthrax and for giving experimental support for the concept of infectious disease.

His research led to the creation of Koch's postulates, a series of four generalized principles linking specific microorganisms to specific diseases that remain today the "gold standard" in medical microbiology. As a result of his ground-breaking research on tuberculosis, Koch received the Nobel Prize in Physiology Medicine in 1905. (https://en.wikipedia.org/wiki /Robert Koch)



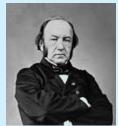
Rudolf Ludwig Carl **Virchow** ; 13 October 1821 – 5

September 1902) was a German physician, anthropol ogist, pathologist, pre-

historian, biologist, writer, editor, and politician, known for his advancement of public health. He is known as "the father of modern pathology" because his work helped to discredit humourism, bringing more science to medicine.

(https://en.wikipedia.org/wiki /Rudolf_Virchow).

Damage at a cellular level, causing cellular pathology which resulted in disease, was postulated by Rudolf Virchow.



Claude Bernard; 12 July 1813 -10 February 1878) was a French physiologist. Among many other accomplishments, he was one of the first to suggest the use of blind experiments to ensure the objectivity of scientific observations. He originated the term milieu intérieur, and the associated concept of homeostasis. (https://en. wikipedia.org/wiki/Claude Be rnard)

The pioneering work of Claude Bernard in Physiology made a major contribution to understanding diseases.

All the above breakthroughs in science wiped out the 'theory of humours' in the causation of disease. The Surgeon had his work cut out from early times. He was usually the barber in the western context.

Where did we in Ceylon stand in this timeline?

The Royal College of Surgeons of Edinburgh was founded in the year 1505, the same year that the Portuguese landed in Ceylon. The Royal College of Surgeons of Edinburgh is one of the oldest surgical corporations in the world and traces its origins to 1505 when the Barber Surgeons of Edinburgh were formally incorporated a Craft Guild of Edinburgh.

The Barber-Surgeons Dublin was the first medical corporation in Ireland or Britain. having incorporated in 1446 (by Royal Decree of Henry VI). (https://en.wikipedia.org/wiki /Royal_College_of_Surgeons _of_Edinburgh)

...the Portuguese (1505 -1650?) introduced the "Misericorda" a house of mercy..... The Portuguese "espirital" term (Sinhala "Ispirithlaya") for hospital was incorporated into Sinhalese the colloquial vocabulary...

...Tobacco cultivation was first introduced to Cevlon by the Portuguese. Captain General Don Antonio Masceranhas after consulting with native medical practitioners issued orders to the army that everyone should use tobacco as a precaution against the disease "Beriberi.... The description at the time resembled Cholera more than Beriberi"..

...the Portuguese introduced two diseases to Ceylon. Venereal disease and Yaws or Paranai which was contracted by the local population from slaves from who Mozambique were owned by the Portuguese...Yaws (also known as frambesia tropica, thymosis, polypapilloma tropicum, pian or parangi, "Bouba") is a tropical infection of the skin, bones and joints caused by the spirochete bacterium Treponema pallidum pertenue....

...Smallpox made fearful ravages. The people called it "aukara" or curse of the gods and abandoned small pox patients in the jungle.

...The Portuguese imported Western Medicines to Ceylon via their headquarters in Goa. They also used drugs like opium and ganja called "Bhang"...(Communication from Dr.Dennis Aloysius)

The Portuguese were succeeded by the Dutch who took over from Portuguese. Dutch Ceylon was a governorate established in present-day Sri Lanka by the Dutch East India Company. It existed from 1640 until 1796. (Wikipedia) The Dutch built a Hospital in the Fort. Colombo which still stands as a museum piece.

...perhaps the first surgeon to be appointed to the Galle hospital was Jan Curstens of Tonningen, Holland in 1636. He arrived in the ship "Prince William". He worked as a barber on the ship. Later, he acquired the knowledge of local plants and herbs suitable for use in place of European drugs.... His salary was 60 guilders and was also given ten coconut trees to make oil and toddy (also used as an ingredient to make bread). The Galle hospital under the Dutch consisted of a senior surgeon and two assistants. In 1788. the City council provided a block of land for a fruit garden for the benefit of the hospital patients. A slave was allowed to look after the garden...The slaves were brought from the coast of Madagascar and/or East African coast to Ceylon by the Portuguese, Dutch and the English.

Parts of the information was obtained from the book "GALLE as quiet as asleep" by Norah Roberts -printed @ the Vijitha Yapa Publications, Colombo.

Ceylon, was a British Crown colony between 1802 and 1948. At first the area it covered did not include the Kingdom of Kandy, which was a protectorate from 1815, but from 1817 to 1948 the British possessions included the whole island of Ceylon, now the nation of Sri Lanka. (Wikipedia)



Robert Liston (1794 - 1847) was a pioneering Scottish surgeon. He was likely the best

surgeon of his day, noted for his skill and his speed in an era prior to anesthetics. He was able to complete operations in a matter of seconds, at a time when speed was essential to reduce pain and improve the odds of survival of a patient; he is said to have been able to perform the removal of a limb in an amputation in roughly 30 seconds...

...Liston's firsts

- Liston became the first Professor of Clinical Surgery at University College Hospital in London in 1835.
- He also performed the first operation in Europe under modern anaesthesia using ether, on 21 December 1846 at the University College Hospital. He invented seethrough isinglass sticking plaster, the 'bulldog' locking artery forceps, and a leg splint used to stabilise dislocations and fractures of the femur, and still used today.

Liston's most famous cases Fourth most famous case

Removal in 4 minutes of a 45pound scrotal tumour, whose owner had to carry it round in a wheelbarrow.

Third most famous case

Argument with his house-surgeon. Was the red, pulsating tumour in a small boy's neck a straightforward abscess of the skin, or a dangerous aneurism of the carotid artery? 'Pooh!' Liston exclaimed impatiently. 'Whoever heard of an

aneurysm in one so young?' Flashing a knife from his waistcoat pocket, he lanced it. Houseman's note – 'Out leaped arterial blood, and the boy fell.' The patient died but the artery lives, in University College Hospital pathology museum, specimen No. 1256.

Second most famous case

Amputated the lea in $2^{1}/_{2}$ minutes, but in his enthusiasm the patient's testicles as well.

Liston's most famous case

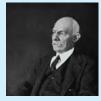
Amputated the leg in under $2^{1}/_{2}$ minutes (the patient died afterwards in the ward from hospital gangrene; they usually did in those pre-Listerian days). He amputated in addition the fingers of his young assistant (who died afterwards in the ward from hospital gangrene). He also slashed through the coat tails of a distinguished surgical spectator, who was so terrified that the knife had pierced his vitals he dropped dead from fright. That was the only operation in history with a 300 per-cent mortality!.

Although it sounds as though this man should not be let loose on anyone, Robert Liston was the best surgeon of his time and all those who could afford his services would have had no hesitation in doing so. He saved a lot of people that would have died a miserable long and painful death. It is easy to judge using standards (https://en.wikipedia.org/wiki /Robert Liston)



Joseph Lister, 1st Baron Lister, (5 April 1827 – 10 February 1912), known between 1883 and 1897 as Sir Joseph Lister, Bt., a British surgeon and pioneer of antiseptic surgery. By applying Louis Pasteur's advances in microbiology, he the promoted idea of sterile portable ports while working at the Glasgow Royal *Infirmary.* Lister successfully introduced carbolic acid (now phenol) known as to sterilise surgical instruments and to clean wounds, which led to a reduction in post-operative infections and made surgery safer for patients, distinguishing himself as the "father of modern surgery".(https://en.wikipedi a.org/wiki/Joseph_Lister,_1st _Baron_Lister)

"quantum leaps" Two occurred in the late 19th century, which together allowed the transition to modern surgery. An appreciation of the germ theory of disease led rapidly to the development and application of antiseptic techniques in surgery. Antisepsis, which soon gave way to asepsis, reduced overall morbidity and mortali ty of surgery to a far more acceptable rate than in previous eras. Concurrent with these developments were the significant advances in pharmacology and physiology which led to the development of general anesthesia and the control of pain.



William Stewart Halsted, (September 23, 1852 -September 7, 1922) was an American surgeon who emphasized strict aseptic technique during surgical procedures, was an early champion of newly discovered **anaesthetics** and introduced several new operations. includina the radical mastectomy for breast cancer. with William Osler (Professor of Medicine), Howard Atwood Kelly (Professor of Gynecology) and William Н. Welch (Professor of Pathology), Halsted was one of the "Big Four" founding professors at the Johns Hopkins Hospital. (https://en.wikipedia .org/wiki/William_Stewart_Hal sted)

Dr. P.D. Anthonisz (1822-1903) of Galle, Ceylon was the first Ceylonese to obtain the M.R.C.P. (Membership of the Royal College of Physicians London) and F.R.C.S. (Fellow of The Royal College of Surgeons, Edinburgh). In 1839 the first batch of five medical students P.D. including Anthonisz from Ceylon was to Calcutta (Bengal Medical Col lege) at government expense. As a medical doctor he was paid a salary of 85 British pounds a

To be continued......

Workshop on Breast Cancer Surgery



workshop on "Wide local excision of breast cancer and sentinel lymph biopsy" organized by the node Association of General Surgeons of Sri Lanka (AGSSL) was held under the auspices of the College of Surgeons on 23 February 2017 at Base Hospital, Wathupitiwala. Dr. Nissanka Jayawardhana, Consultant General Surgeon and special interest trainer in breast surgery and the President of the AGSSL headed the Faculty for the event. Dr. Ajith de Silva (Consultant General Surgeon and special interest trainer in breast surgery), Dr. Sachini Malaviarachchi (Consultant in Clinical Oncology), Dr. Thanuja Sumanasekara (Consultant Radiologist) Dr. and (Consultant Histopathologist) Priyadarshika delivered lectures on the theoretical and practical aspects of WLE and SLNB.

There were two live operating sessions demonstrating the WLE+SLNB technique, the



"Roundblock" technique, and flap reconstruction for early breast cancer.

Prof. MD Lamawansa, President of the CSSL addressing the gathering highlighted the need to share knowledge and skills among surgeons locally, and greatly appreciated the organizers for the well-planned workshop, especially considering that it was held in a small base hospital with limited facilities. He requested Dr. Jayawardhana and the AGSSL to make this workshop an annual event in the College calendar, which was graciously accepted.

A total of 15 consultant surgeons and 10 senior registrars participated in the workshop.

The contributions of Dr. Rohan Sirisena, Secretary of the AGSSL and Dr. Nalinda Munasinghe, SR in General Surgery/Special interest in Breast Surgery in organizing the event were acknowledged with appreciation. (Photo credits: Dr. Sanjaya Weerasekara, RHO in Surgery, BH Wathupitiwala)



Workshop on Laparoscopic Surgery

The College of Surgeons conducted a workshop on laparoscopic surgery in collaboration with the Association of General Surgeons of Sri Lanka (AGSSL) and the Department of Surgery, University of Peradeniya on 14th and 15th March 2017 at Peradeniya Teaching Hospital.

The operating Faculty included Dr. C. Palanivelu, renowned laparoscopic surgeon and the Founder President of the Association of Minimal Access Surgeons of India (AMASI), Dr. Tamonas Chaudhuri, Dr. Dilip Gode, Dr. Jugindra Singh and Dr. Varghese Joseph. A range of laparoscopic procedures including TAPP and TEP inguinal hernia repair, anterior resection of rectum and cholecystectomy with bile exploration were live streamed from the operating theatre to the auditorium, with

the operators interacting with the audience via audio link.

Prof. MD Lamawansa, President of the CSSL, praised the effort of the organizers and appreciated the participation of surgeons from all over the country.

Prof. KB Galketiya led the organizing by Dr. assisted committee, Ekanayake and Dr. Buddhika Dassanayake of the Department of Surgery, and Dr. Rohan Sirisena, Secretary of the AGSSL.

The contributions from the non-academic staff of the Department of Surgery, University of Peradeniya and from the Biomedical Informatics Unit of Peradeniya are greatly appreciated.

(Photo credits: Mr. Ashantha Samarakoon. Biomedical Informatics Unit, TH Peradeniya)















THE COLLEGE OF SURGEONS OF SRI LANKA

46[™] ANNUAL ACADEMIC SESSIONS 2017

AND JOINT INTERNATIONAL CONFERENCE WITH THE SAARC SURGICAL CARE SOCIETY THE ROYAL COLLEGE OF SURGEONS OF EDINBURGH

Theme: Surgical Care - Optime Maxime



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